

Mainland Regional High School XC 5K Course Map



Course Details:

Mile 1 is in Yellow. The start is by the tall light standard by the Home bleachers.

Mile 2 in in Orange. Runners should make the left on Belhaven (not Morris), and stay on the street.

Mile 3 is in Black. At the beginning of the 3rd mile, runners will go through the gate to the blacktop sidewalk along Rt. 9. They will re-enter through the gate on Monroe Ave behind the 3rd base dugout of the varsity baseball field. After going around the outside of the track/football field, runners will go behind the home bleachers and run between the bleachers and the shot put fence to enter the track.